

HEALTHY SCHOOL ENVIRONMENT RESOURCES

Promoting Healthy Weight

This list contains online resources for promoting healthy weight. Resources are listed by main category. Many Web sites contain information on multiple content areas. For additional content areas related to healthy school environments, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

The inclusion of commercial Web sites or products is for informational purposes only and does not constitute approval or endorsement by the CSDE.

Quick Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

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For more information, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesOB.pdf.

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Body Mass Index (BMI)

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About Child & Teen BMI. Centers for Disease Control and Prevention.

www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

Adult Energy Needs and BMI Calculator. Children's Nutrition Research Center at Baylor College of Medicine.

www.bcm.edu/cnrc/caloriesneed.cfm

BMI for Children and Teens. Centers for Disease Control and Prevention.

www.cdc.gov/nccdphp/dnpa/healthyweight/assessing/bmi/childrens_BMI/about_childrens_BMI.htm

Body Mass Index (BMI). Centers for Disease Control and Prevention.

www.cdc.gov/healthyweight/assessing/bmi/index.html

Body Mass Index Measurement in Schools: Executive Summary. Centers for Disease Control and Prevention, 2007.

www.cdc.gov/HealthyYouth/obesity/BMI/pdf/BMI_execsumm.pdf

BMI Percentile Calculator for Child and Teen. Centers for Disease Control and Prevention.

<http://nccd.cdc.gov/dnpabmi/Calculator.aspx>

BMI Screening in Schools: Helpful or Harmful. Joanne P. Ikeda, Patricia B. Crawford and Gail Woodward-Lopez. Health Education Research, Vol. 21, No. 6, 2006. 761–769. <http://her.oxfordjournals.org/cgi/reprint/21/6/761>

Calculate Your Body Mass Index. National Heart, Lung and Blood Institute.

www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

CDC Growth Charts Interactive Training Modules. Centers for Disease Control and Prevention. Offers a set of self-directed, interactive training modules for health care professionals using the CDC May 2000 pediatric growth charts in clinical and public health settings to assess growth of infants, children and adolescents.

<http://depts.washington.edu/growth/mainover.htm>

Children's BMI-Percentile-for-Age Calculator. Children's Nutrition Research Center at Baylor College of Medicine. Based on the revised CDC growth charts the calculator provides a “snapshot” of a child's weight and height for age, including BMI and BMI Percentile. It also plots the child's BMI percentile on a growth chart, giving parents an important visual cue for changes in their child's weight status. www.bcm.edu/cnrc/bodycomp/bmiz2.html

Children's BMI Tool for Schools. Centers for Disease Control and Prevention.

www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/tool_for_schools.html

Kids' Body Mass Index Calculator. Children's Nutrition Research Center, Baylor College of Medicine.

<https://www.bcm.edu/cnrc-apps/bodycomp/bmiz2.html>

The Link Between Schoolwide Food Practices and Student Weight. Association for Supervision and Curriculum Development Research Brief, January 23, 2006, Volume 4, Number 1. This study found that common food practices, including the use of food as a reward or as a tool for fund-raising, are associated with increases in student body mass indexes. www.ascd.org/publications/researchbrief/v4n01/toc.aspx

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Obesity Data and Trends

Blood Pressure Tables for Children and Adolescents. National Heart, Lung and Blood Institute.

www.nhlbi.nih.gov/guidelines/hypertension/child_tbl.htm

Childhood Obesity Fact Sheets (CDC). Results from the Youth Risk Behavior Survey (YRBS) and School Health Profiles (Profiles) related to the obesity epidemic among youth. The YRBS results describe the problem by identifying the percent of high school students who are overweight, engage in unhealthy dietary behaviors or are physically inactive. The Profiles results describe characteristics of health education, physical education, opportunities for physical activity and the school environment among middle/junior and senior high schools that may help address the problem. www.cdc.gov/healthyyouth/obesity/facts.htm

Childhood Obesity Reports and Studies. Healthy Meals Resource System, U.S. Department of Agriculture. Links to data and resources. <http://healthymeals.nal.usda.gov/local-wellness-policy-resources/childhood-obesity-reports-and-studies>

Childhood Obesity: What the Research Tells Us. The Center for Health and Health Care in Schools, The George Washington University, 2007. www.healthinschools.org/News-Room/Fact-sheets/ChildhoodObesityUpdated07.aspx

Childhood Overweight and Obesity Trends. Centers for Disease Control and Prevention.

www.cdc.gov/obesity/childhood/index.html

Exploring Essential Components: Physical Activity, Nutrition and the Young Adolescent. National Middle School Association, 2006. This presentation reviews the national data on obesity and overweight trends in the United States.

www.nmsa.org/Advocacy/WellnessPolicy/WellnessPresentation/tabid/1014/Default.aspx

National Survey of Children's Health: Obesity and Overweight. Data Resource Center for Child and Adolescent Health. Provides access to national, state and regional data findings on over 100 indicators from the National Survey of Children's Health (NSCH) and the National Survey of Children with Special Health Care Needs (NS-CSHCN).

www.childhealthdata.org/browse/topic/obesity

Nutrition, Obesity, Hunger: Public Policy Backgrounder. Oregon State University Extension Service, May 2003. Addresses the paradox between obesity and hunger in Oregon. <http://extension.oregonstate.edu/catalog/pdf/em/em8828-e.pdf>

Obesity Slides. Centers for Disease Control and Prevention. Maps visually representing U.S. adult obesity trends from 1985 to present. www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/index.htm

Overweight and Obesity Trends Among Adults. Centers for Disease Control and Prevention.

www.cdc.gov/obesity/data/index.html

Overweight in Children and Adolescents. The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity. www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm

Prevalence Data & Data Analysis Tools. Centers for Disease Control and Prevention. www.cdc.gov/brfss/data_tools.htm

Prevalence of Obesity Among Children and Adolescents: United States, Trends 1963-1965 Through 2007-2008. Centers for Disease Control and Prevention. www.cdc.gov/nchs/data/hestat/obesity_child_07_08/obesity_child_07_08.htm

The Price is Right: Economics and the Rise in Obesity. Amber Waves, U.S. Department of Agriculture, Economic Resource Center, February 2005. www.ers.usda.gov/AmberWaves/February05/Features/ThePriceIsRight.htm

U.S. Obesity Trends from 1985 to present. Centers for Disease Control and Prevention. PowerPoint slides of a United States map highlighting the increase in obesity each year. www.cdc.gov/obesity/data/prevalence-maps.html

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Obesity Education and Information

Obesity Education and Information

Aim for a Healthy Weight. NIH National Heart, Lung and Blood Institute. Resources for consumers and professionals.
www.nhlbi.nih.gov/health/educational/lose_wt/index.htm

Brochures and Guides. Obesity Action Coalition. Educational resources on obesity, severe obesity and childhood obesity.
www.obesityaction.org/educational-resources/brochures-and-guides

Child Advocacy Toolkit. National Association to Advance Fat Acceptance, 2011. Resources to design programs and approaches to reduce weight bias and improve the health of all children.
http://issuu.com/naafa/docs/naafa_childadvocacy2011combined_v04?viewMode=magazine&mode=embed

Childhood Obesity. Children's Nutrition Research Center, Baylor College of Medicine.
www.bcm.edu/cnrc/index.cfm?pmid=9618

Childhood Obesity: A Resource List for Educators and Researchers. National Food Service Management Institute, November 2010. www.nal.usda.gov/fnic/pubs/bibs/topics/weight/childhoodobesity.pdf

Childhood Obesity: A Select Bibliography. The Center for Health and Health Care in Schools, May 2012.
www.healthinschools.org/Publications-and-Resources/Publications/Bibliographies/Childhood-Overweight-A-Select-Bibliography.aspx

Childhood Obesity Fact Sheets. Institute of Medicine (IOM). Series of fact sheets on childhood obesity, including Overview, Facts and Figures, The Role of Advertising, Marketing and the Media, The Role of Industry, The Role of Schools, The Roles of Parents, The Role of Communities, The Role of Health Care, The Role of Government and Glossary of Terms. <http://iom.edu/Reports/2004/Preventing-Childhood-Obesity-Health-in-the-Balance.aspx>

F as in Fat: How Obesity Threatens America's Future 2012. Trust for America's Health and the Robert Wood Johnson Foundation, 2012. www.healthyamericans.org/report/100/

Food Insecurity and Obesity: Understanding the Connections. Food Research and Action Center, Spring 2011.
http://frac.org/pdf/frac_brief_understanding_the_connections.pdf

Healthy Weight. Centers for Disease Control and Prevention. www.cdc.gov/healthyweight/index.html

Keeping Kids Healthy: Overweight, Nutrition & Physical Exercise. Center for Health and Health Care in Schools. Links to basic information on the childhood obesity epidemic, prevention strategies and key government documents.
www.healthinschools.org/en/Publications-and-Resources/Original-Polls-and-Surveys/Web-Based-Surveys/Childhood-Overweight-and-School-Health-Services-Survey-Results/Keeping-Kids-Healthy.aspx

KidFit Connections. A 115-page, 10-session weight management and lifestyle change workbook to help kids and their families make healthful changes. Includes information on healthful and practical eating, ways to increase your exercise and how to take responsibility for your actions. Weekly topics include information on the Food Guide Pyramid, Nutricizing your recipes, eating out at fast food places, dealing with problem situations, positive self-talk, changing your unwanted behaviors and incorporating fun activity into your daily lifestyle.
www.yournutritionconnections.com/KidFIT%20Connections%20HP.htm

National Collaborative on Childhood Obesity Research. Provides a catalogue of existing surveillance systems that contain data relevant to childhood obesity research, including local, state and national systems. www.nccor.org/css

National Institutes of Health (NIH). Information about NIH-supported research to facilitate progress towards obesity prevention and treatment. <http://obesityresearch.nih.gov/>

Nutrition, Physical Activity & Obesity Prevention Program. Connecticut Department of Public Health.
www.ct.gov/dph/cwp/view.asp?a=3137&q=393114

Childhood Obesity. Robert Wood Johnson Foundation. www.rwjf.org/en/our-topics/topics/childhood-obesity.html

Obesity Prevention. SNAP-Ed Connection, U.S. Department of Agriculture. <https://snaped.fns.usda.gov/professional-development-tools/hot-topics-z/obesityprevention>

Obesity Society. www.obesity.org/

Overweight Children and Adolescents Position Statement. National Association of School Nurses, Revised June 2013.
www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatementsArticleView/tabid/462/ArticleId/39/Overweight-Children-and-Adolescents-Adopted-2002

Obesity Education and Information

Prevent Obesity. Robert Wood Johnson Foundation, 2011. A tool to help build the movement to reverse childhood obesity and connect leaders in the movement. www.preventobesity.net/map?cid=xem|2011-01-RWJFCA

The Role of the Media in Childhood Obesity. Kaiser Family Foundation, February 2004. This report reviews more than 40 studies on the role of media in the nation's dramatically increasing rates of childhood obesity explores what researchers do and do not know about the role media plays in childhood obesity. It also outlines media-related policy options that have been proposed to help address childhood obesity and identifies ways media could play a positive role in helping to address this important public health problem. www.kff.org/entmedia/entmedia022404pkg.cfm

Tips for Parents: Ideas to Help Children Maintain a Healthy Weight. Centers for Disease Control and Prevention. www.cdc.gov/healthyweight/children/

Trends and Policy Solutions in Youth Obesity, Physical Activity and Nutrition. The Council of State Governments' (CSG) Healthy States Initiative, 2005. www.leadershipforhealthycommunities.org/index.php?option=com_content&task=view&id=113

Weight Bias & Stigma – Schools and Educators. UCONN Rudd Center for Food Policy and Obesity. Resources to help schools and educators think about and intervene in weight bias issues, including videos and discussion guide on weight bias. <http://www.uconnruddcenter.org/weight-bias-stigma-schools-and-educators>

Weight Management and Obesity Resource List. National Food Service Management Institute, April 2013. www.nal.usda.gov/fnic/pubs/weight.pdf

Weight Control Information Network (WIN). WIN is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). WIN was established in 1994 to provide health professionals and consumers with science-based information on obesity, weight control and nutrition. <http://win.niddk.nih.gov/index.htm>

Weight Realities Division Resource List. Society for Nutrition Education, July 2010. A compilation of websites, organizations, books, magazines and interventions that utilize a "health at every size" philosophy. www.sne.org/documents/WR_Resources.pdf

Wellness in Wyoming (WTN) Wyoming. Website to educate people to respect body size diversity and to enjoy the benefits of active living, pleasurable and healthful eating and a positive self-image. www.uwyo.edu/winwyoming/

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Obesity Prevention Strategies

Obesity Prevention Strategies

- Action Strategies Toolkit.* Leadership for Healthy Communities, Robert Wood Johnson Foundation, May 2009. A guide for local and state leaders working to create healthy communities and prevent childhood obesity. www.rwjf.org/childhoodobesity/product.jsp?id=42514
- Caloric Calculator.* Columbia University's Mailman School of Public Health. A user-friendly web tool that allows individuals in a broad range of roles—including policymakers, teachers, administrators, community leaders and parents—to explore and to compare effective, evidence-based options to reduce childhood obesity. The tool makes it easy to compare the relative impacts of making changes to local, state or federal policies in addressing childhood obesity. <http://caloriccalculator.org/>
- Childhood Obesity: Harnessing the Power of Public and Private Partnerships.* Association of State and Territorial Health Officials, 2007. Profiles three case studies of exemplary collaborations between state health agencies and health plans to reduce overweight and obesity in children. www.nihcm.org/pdf/FINAL_report_CDC_CO.pdf
- Childhood Obesity: Most Experts Identified Physical Activity and the Use of Best Practices as Key to Successful Programs (GAO-06-127R).* U.S. Government Accountability Office, October 7, 2005. www.gao.gov/new.items/d06127r.pdf
- Connecticut Coalition Against Childhood Obesity.* www.ctfightobesity.org/
- Connecticut Department of Public Health Nutrition, Physical Activity & Obesity Prevention Program.* Information on Connecticut obesity data, programs and resources. www.ct.gov/dph/cwp/view.asp?a=3137&q=393114
- Early Childhood Obesity Prevention Policies.* Institute of Medicine of the National Academy of Sciences, 2011. Recommends actions that healthcare professionals, caregivers and policymakers can take to prevent obesity in children five and younger. www.iom.edu/Reports/2011/Early-Childhood-Obesity-Prevention-Policies.aspx
- Guidelines for Childhood Obesity Prevention Programs: Promoting Healthy Weight in Children.* Society for Nutrition Education, Weight Realities Division, October 2002. www.sneb.org/documents/Chi_Obesity.pdf
- Healthy Body Image: Being an Advocate for your Child or Grandchild.* Purdue Extension, CFS-735-W, October 2007. www.extension.purdue.edu/extmedia/CFS/CFS-735-W.pdf
- Healthy Food Access Portal.* PolicyLink, The Food Trust and The Reinvestment Fund. Connects community leaders, healthy food retailers, policymakers, and advocates to an extensive array of resources, strategies, and ideas to improve and increase access to healthy food retail—from grocery stores to corner stores, farmers' markets, and mobile produce trucks—in underserved communities. <http://healthyfoodaccess.org/get-started>
- Intervening in Early Childhood to Prevent Obesity: Best Practices for Home and Child Care Settings.* Center for Weight & Health, University of California, Berkeley, 2009. http://cwh.berkeley.edu/sites/default/files/primary_pdfs/Early_Childhood_Intervention_Review_12.09_0.pdf
- LEAN Works.* Centers for Disease Control and Prevention. A web-based resource that offers interactive tools and evidence-based resources to design effective worksite obesity prevention and control programs, including an obesity cost calculator. www.cdc.gov/leanworks/
- Local Government Action to Prevent Childhood Obesity Report Brief.* Institute of Medicine, September 2009. A practical guide for government officials at the city, town, township or county level who want to take action to address healthy eating and active living. www.rwjf.org/childhoodobesity/product.jsp?id=47908
- Making the Connection: Linking Policies that Prevent Hunger and Childhood Obesity.* Robert Wood Johnson Foundation, February 2012. In the past, food insecurity and obesity were viewed as separate public health problems, yet research now shows that people with unreliable access to food are also more likely to be obese. This brief suggest that policymakers seeking to address hunger in their communities can find solutions that will also contribute significantly to reversing the childhood obesity epidemic. www.leadershipforhealthycommunities.org/resource/making-the-connection-linking-policies-that-prevent-hunger-and-childhood-obesity/
- National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN), ChangeLab Solutions.* Model policies, how-to guides, fact sheets and other policy tools to empower community-based change agents with resources that are legally sound, practical and accessible. <http://changelabsolutions.org/childhood-obesity>
- Obesity Policy and the Law of Unintended Consequences.* Amber Waves, Vol. 3. Issue 3, June 2005. U.S. Department of Agriculture Economic Research Service. www.ers.usda.gov/AmberWaves/June05/Features/ObesityPolicy.htm
- Policy Statement—Children, Adolescents, Obesity and the Media.* American Academy of Pediatrics, 2011. <http://pediatrics.aappublications.org/content/early/2011/06/23/peds.2011-1066.abstract>

Obesity Prevention Strategies

Portion Sizes and School-Age Children: Trends, Effects. Solutions. North Carolina School Nutrition Action Committee, 2003.

This kit provides a planned approach to address the issue of portion sizes in schools. It includes strategies and resources to help improve the school nutrition environment. www.fns.usda.gov/tn/Healthy/nc_portions.html

Prevent Obesity. A project of the Robert Wood Johnson Foundation, this is an online national network of people solely dedicated to reversing the childhood obesity epidemic. Connects people with advocacy efforts to implement policies that will help reduce childhood obesity nationwide. Offers free tools, services and support to the people and organizations who are working to ensure children everywhere can eat healthier and become more physically active. www.preventobesity.net/

Preventing Childhood Obesity: A School Health Policy Guide. National Association of Boards of Education, 2009. Synthesizes research on obesity and physical activity to deliver useful integrated policy models for anyone interested in reversing the childhood obesity epidemic. Key elements from sections on physical activity, physical education, competitive foods and nutrition and health education are woven into model policies that can be adapted by state and local authorities based on their specific needs. www.rwjf.org/content/rwjf/en/research-publications/find-rwjf-research/2009/01/preventing-childhood-obesity-.html

Preventing Childhood Obesity: Health in the Balance. Institute of Medicine, Committee on Prevention of Obesity in Children and Youth, National Academies Press, 2005. Provides recommendations focused on obesity prevention regarding the behavioral and cultural factors, social constraints and other broad environment factors involved in childhood obesity. <http://iom.edu/Reports/2004/Preventing-Childhood-Obesity-Health-in-the-Balance.aspx>

Prevention of Pediatric Overweight and Obesity Policy Statement. Academy of Pediatrics, 2003. <http://pediatrics.aappublications.org/cgi/reprint/112/2/424.pdf>

Public Health Strategies for Preventing and Controlling Overweight and Obesity in School and Worksite Settings. A Report on Recommendations of the Task Force on Community Preventive Services. Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), October 7, 2005, 54(RR10);1-12. This report identifies effective strategies for weight control that can be implemented in school and worksite settings. www.cdc.gov/mmwr/preview/mmwrhtml/rr5410a1.htm

Recommended Community Strategies and Measurements to Prevent Obesity in the United States. Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), July 24, 2009, 58(RR07);1-26. www.cdc.gov/mmwr/preview/mmwrhtml/rr5807a1.htm?s_cid=rr5807a1_e or www.cdc.gov/mmwr/pdf/rr/rr5807.pdf

Recommended Community Strategies and Measurements to Prevent Obesity in the United States. Implementation and Measurement Guide. Centers for Disease Control and Prevention, July 2009. www.cdc.gov/obesity/downloads/community_strategies_guide.pdf

Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases. Centers for Disease Control and Prevention, 2003. Provides selected references and resources for developing or updating community nutrition and physical activity programs. Topics include obesity prevention and control, increased physical activity, improved nutrition and reduced television time. www.cdc.gov/HealthyYouth/physicalactivity/publications.htm

School-Based Obesity Prevention Strategies for State Policymakers. Centers for Disease Control and Prevention, 2009. A four-page document designed to assist program coordinators in their efforts to inform and engage governors, state agencies and state boards of education on how they can help address childhood obesity. This document offers recognized physical activity and healthy eating, strategies, undertaken by states that have shown promise in helping schools address and prevent childhood obesity. www.cdc.gov/healthyYouth/policy/pdf/obesity_prevention_strategies.pdf

Schools and Childhood Overweight. The Center for Health and Health Care in Schools. www.healthinschools.org/en/Health-in-Schools/Health-Services/Schools-and-Childhood-Overweight.aspx

Solving the Problem of Childhood Obesity Within a Generation. White House Task Force on Childhood Obesity Report to the President, May 2010. www.letsmove.gov/white-house-task-force-childhood-obesity-report-president

Strategies to Combat Obesity. Centers for Disease Control and Prevention. Links to resources to support healthy eating and active living for individuals, families and communities. www.cdc.gov/obesity/strategies/index.html

The Prevention of Child and Adolescent Obesity in Iowa. A Position Paper. Child and Adolescent Obesity, Prevention Task Force, Iowa Department of Public Health, 2000. www.idph.state.ia.us/hpcdp/nutrition_resources.asp

Obesity Prevention Strategies

The Role of School Health Professionals in Preventing Childhood Overweight. The Center for Health and Health Care in Schools, April 2006. www.healthinschools.org/en/Health-in-Schools/Health-Services/Schools-and-Childhood-Overweight.aspx

The Role of Schools in Preventing Childhood Obesity. Howell Wechsler, Mary L. McKenna, Sarah M. Lee and William H. Dietz. The State Education Standard, National Association of State Boards of Education, December 2004. www.cdc.gov/healthyyouth/physicalactivity/pdf/roleofschools_obesity.pdf

We Can! (Ways to Enhance Children's Activity & Nutrition). U.S. Department of Health and Human Service National Institutes of Health. A national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old stay at a healthy weight. Tips and fun activities focus on three critical behaviors. improved food choices, increased physical activity and reduced screen time. www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

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